



Special Diets Policy

Camp Oconto will supply special diets for individuals who need them, as detailed on the individual's Health Form. If the Health Form of an individual says she has a special diet, then she must have that special diet for her entire stay at camp. A specified number of meals will be prepared for people with special diets (others will not be allowed to take those meals).

Allergies

We strive to offer a food service that is safe for allergies and food intolerances (including but not limited to peanuts, tree nuts, gluten, eggs, dairy, fish etc.). However, we cannot guarantee to eliminate allergens entirely from our food service. To heighten this awareness our food service is an 'allergy-aware' space. Please note that Camp is not and cannot be 'allergy or food intolerance free'.

Vegetarian, Vegan, and Lactose Free

Camp Oconto can provide a vegetarian, vegan or lactose free diet. You may choose to bring some speciality food items from home (i.e.: coconut milk as a dairy alternative). Please remember that Oconto is a nut free environment and therefore you may not send any products containing nuts or nut products.

Gluten Free

Camp Oconto can supply a gluten free diet, but we cannot guarantee that there will not be any contamination. We do our best to prevent contamination, but there is a risk of things like air-borne particles of flour from the bakery landing on food. The gluten free food is kept in another area, but in the same dining hall as other foods.

Celiac

For individuals who are celiac, there is a specified area for their food in the refrigerator, a dedicated toaster, microwave and dishes. If an individual is celiac, there may be some meals that should be brought from home and stored in the kitchen. We can send a menu about two weeks before an individual's arrival at camp. All meals that are sent for camp to prepare, must be in a single serving container that is ready to microwave. Camp Oconto cannot prepare more than that.

Camp Oconto has a staff member dedicated to special diets. Please contact the camp director, Lisa Wilson, lisa@campoconto.com for further details or if you have questions.